



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 03224, Babyfood, dessert, cherry vanilla pudding, strained

Report Date: July 04, 2017 21:37 EDT

Nutrient values and weights are for edible portion.

Food Group : Baby Foods

Carbohydrate Factor: 3.6 Fat Factor: 8.9 Protein Factor:4.3 Nitrogen to Protein Conversion Factor:6.25

| Nutrient | Unit | 1 Value Per100 g | Data points | Std. Error | 1 oz 28.35g | 1 jar 113g |
|--------------------------------|------|---------------------|-------------|------------|----------------|---------------|
| Proximates | | | | | | |
| Water | g | 81.50 | 4 | 0.200 | 23.11 | 92.09 |
| Energy | kcal | 68 | -- | -- | 19 | 77 |
| Energy | kJ | 285 | -- | -- | 81 | 322 |
| Protein | g | 0.20 | 4 | -- | 0.06 | 0.23 |
| Total lipid (fat) | g | 0.30 | 4 | -- | 0.09 | 0.34 |
| Ash | g | 0.20 | 5 | 0.000 | 0.06 | 0.23 |
| Carbohydrate, by difference | g | 17.80 | -- | -- | 5.05 | 20.11 |
| Fiber, total dietary | g | 0.3 | -- | -- | 0.1 | 0.3 |
| Sugars, total | g | 9.15 | -- | -- | 2.59 | 10.34 |
| Minerals | | | | | | |
| Calcium, Ca | mg | 5 | 5 | 1.000 | 1 | 6 |
| Iron, Fe | mg | 0.19 | 6 | 0.030 | 0.05 | 0.21 |
| Magnesium, Mg | mg | 2 | 1 | -- | 1 | 2 |
| Phosphorus, P | mg | 7 | 1 | -- | 2 | 8 |
| Potassium, K | mg | 34 | 1 | -- | 10 | 38 |
| Sodium, Na | mg | 0 | -- | -- | 0 | 0 |
| Zinc, Zn | mg | 0.04 | 1 | -- | 0.01 | 0.05 |
| Copper, Cu | mg | 0.050 | -- | -- | 0.014 | 0.057 |
| Selenium, Se | µg | 0.6 | -- | -- | 0.2 | 0.7 |
| Vitamins | | | | | | |
| Vitamin C, total ascorbic acid | mg | 1.1 | 6 | 0.000 | 0.3 | 1.2 |
| Thiamin | mg | 0.008 | 5 | 0.000 | 0.002 | 0.009 |

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|------------------------------|------|------------------------|----------------|------------|----------------|---------------|
| Riboflavin | mg | 0.011 | 5 | 0.000 | 0.003 | 0.012 |
| Niacin | mg | 0.038 | 6 | 0.000 | 0.011 | 0.043 |
| Vitamin B-6 | mg | 0.011 | 6 | 0.000 | 0.003 | 0.012 |
| Folate, total | µg | 0 | 3 | -- | 0 | 0 |
| Folic acid | µg | 0 | -- | -- | 0 | 0 |
| Folate, food | µg | 0 | 3 | -- | 0 | 0 |
| Folate, DFE | µg | 0 | -- | -- | 0 | 0 |
| Choline, total | mg | 4.7 | -- | -- | 1.3 | 5.3 |
| Vitamin B-12 | µg | 0.01 | -- | -- | 0.00 | 0.01 |
| Vitamin B-12, added | µg | 0.00 | -- | -- | 0.00 | 0.00 |
| Vitamin A, RAE | µg | 18 | -- | -- | 5 | 20 |
| Retinol | µg | 6 | -- | -- | 2 | 7 |
| Carotene, beta | µg | 145 | -- | -- | 41 | 164 |
| Carotene, alpha | µg | 0 | -- | -- | 0 | 0 |
| Cryptoxanthin, beta | µg | 0 | -- | -- | 0 | 0 |
| Vitamin A, IU | IU | 261 | -- | -- | 74 | 295 |
| Lycopene | µg | 0 | -- | -- | 0 | 0 |
| Lutein + zeaxanthin | µg | 9 | -- | -- | 3 | 10 |
| Vitamin E (alpha-tocopherol) | mg | 0.01 | -- | -- | 0.00 | 0.01 |
| Vitamin E, added | mg | 0.00 | -- | -- | 0.00 | 0.00 |
| Vitamin D (D2 + D3) | µg | 0.0 | -- | -- | 0.0 | 0.0 |
| Vitamin D3 (cholecalciferol) | µg | 0.0 | -- | -- | 0.0 | 0.0 |
| Vitamin D | IU | 1 | -- | -- | 0 | 1 |
| Vitamin K (phylloquinone) | µg | 0.2 | -- | -- | 0.1 | 0.2 |
| Lipids | | | | | | |
| Fatty acids, total saturated | g | 0.087 | -- | -- | 0.025 | 0.098 |
| 4:0 | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 6:0 | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 8:0 | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 10:0 | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 12:0 | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 14:0 | g | 0.002 | -- | -- | 0.001 | 0.002 |
| 16:0 | g | 0.062 | -- | -- | 0.018 | 0.070 |

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|------------------------------------|------|------------------------|----------------|------------|----------------|---------------|
| 18:0 | g | 0.021 | -- | -- | 0.006 | 0.024 |
| Fatty acids, total monounsaturated | g | 0.105 | -- | -- | 0.030 | 0.119 |
| 16:1 undifferentiated | g | 0.007 | -- | -- | 0.002 | 0.008 |
| 18:1 undifferentiated | g | 0.098 | -- | -- | 0.028 | 0.111 |
| 20:1 | g | 0.001 | -- | -- | 0.000 | 0.001 |
| 22:1 undifferentiated | g | 0.000 | -- | -- | 0.000 | 0.000 |
| Fatty acids, total polyunsaturated | g | 0.053 | -- | -- | 0.015 | 0.060 |
| 18:2 undifferentiated | g | 0.037 | -- | -- | 0.010 | 0.042 |
| 18:3 undifferentiated | g | 0.012 | -- | -- | 0.003 | 0.014 |
| 18:4 | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 20:4 undifferentiated | g | 0.003 | -- | -- | 0.001 | 0.003 |
| 20:5 n-3 (EPA) | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 22:5 n-3 (DPA) | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 22:6 n-3 (DHA) | g | 0.001 | -- | -- | 0.000 | 0.001 |
| Cholesterol | mg | 10 | -- | -- | 3 | 11 |

Amino Acids

Other

| | | | | | | |
|----------------|----|-----|----|----|-----|-----|
| Alcohol, ethyl | g | 0.0 | -- | -- | 0.0 | 0.0 |
| Caffeine | mg | 0 | -- | -- | 0 | 0 |
| Theobromine | mg | 0 | -- | -- | 0 | 0 |